



Pre-CanSkate

(recommended age for 3-5 year olds)

This 'Learn to Skate' program offers the same benefits of the CanSkate program for our youngest skaters on the ice. This program is only 30 minutes and is perfect for our pre-school aged kids who are new to the ice. We have Program Assistants that will help the kids on the ice. Parents will not be allowed on the ice with their child. We have found that without parental involvement it helps skaters at this age to focus better on the teacher and their independence and confidence on the ice develops more quickly. If you have any questions or concerns over this please let a coach know.

CanSkate

(recommended for ages 5+)

Skating is fun!

Skating is an important part of being a Canadian. It doesn't matter what age you start, once you are comfortable being in skates and have developed simple skills you can confidently pursue Figure Skating, Hockey, Ringette or Speed Skating. At Thorncliffe we want to introduce you to these great Canadian sports.

CanSkate is Skate Canada's flagship learn-to-skate program for Boys and Girls and beginners of all ages that teaches skating skills in the fundamental areas of Balance, Agility and Control. The program is set up in six stages. Throughout their progress in CanSkate skaters will earn ribbons and badges to recognize their success on an ongoing basis.

The CanSkate program emphasizes fun and continuous movement and is taught in a group lesson format by professional Skate Canada coaches and assisted by trained Program Assistants.

Advanced CanSkate

The final stages of the CanSkate program are transitional stages that serve as a bridge from CanSkate to the STARSkate Program

They introduce many figure skating skills that the skaters will begin to see in the New Star 1 to 5 test system. The skaters participate on a regular CanSkate session working towards mastering the skating fundamentals on special designated area of the ice. The program emphasizes fun and challenge and is taught in a group lesson format; by professional Skate Canada coaches.



CanPowerSkate

The **CanPower** Skate program (CPS) stresses balance, power, agility, speed and endurance skills, all which are especially important for hockey and ringette players. This is for the skater who knows the basic skating movements or completed CanSkate Stage 3 or 4 with coaches recommendation.

The CPS program has been designed to systematically advance skaters through six levels of achievement. Level I focuses on the fundamentals of skating; Level II skaters build on these fundamentals; Level III focuses on agility and quickness. Level IV and above are more advanced levels with Level VI incorporating stick handling into the circuit.

CanPowerSkate is the only nationally regulated power skating program in Canada. It was developed by a team of hockey, figure skating and ringette experts to teach the fundamentals of power skating in a progressive and sequential manner.

CanPowerSkate is geared to skaters aged approximately six or older who already have basic forward and backward skating skills (they must be able to skate the length of the rink using alternate strides) and are able to stop on command without use of the boards. For safety reasons participants should wear full hockey/ringette equipment that is CSA approved. The coach to skater ratio is 1:10.

PrePowerSkate was offered in previous years for our younger power skaters who may not be quite ready for CanPowerSkate. At this time, we will not be offering Pre-Power. For skaters who are still skating at this level we ask that you register for CanSkate.



STARSkate

Offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating.

Unique in Canada, this program teaches figure skating skills in a group, semi-private and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Skaters who have mastered figure skating skills in STARSkate may also choose to pursue synchronized skating or pairs skating.



CompetitiveSkate

STARSkaters who want to challenge their figure skating skills and show potential as competitive skaters will be encouraged to pursue the competitive program. What is CompetitiveSkate? The Competitive Test Program is for skaters in singles, pairs and dance wishing to compete in qualifying events within Skate Canada. Skaters will need to achieve a qualifying score specific to the discipline (Singles, Pairs and Dance) in which they wish to compete.



Thorncliffe Greenview Ice Skating Club

2018-2019 General Information



SKATECANADA



COME SKATE
WITH US!

Forbes Innes Arena 5600 Centre St. N.

We are located at 56th Ave & Center Street N. at the Forbes Innes Arena. For fees and further information please check our website:

www.tgiceskatingclub.com

Off-Ice Conditioning for STARSkate

(included in fees for the day(s) you register)
ie. If you register for Tuesday skating the off-ice on Tuesday is included in your fee

Tuesday Jump Lesson (Int/Sr) 3:40 – 4:10pm
Tuesday Jump Lesson (Int/Sr) 6:10 – 6:40pm
(pick one class only, not both)

Wednesday Warmup (Prelim/Jr) 4:45-5:00pm
Wednesday Conditioning (Int/Sr) 5:20 – 6:05pm
Wednesday Jump Lesson (Prelim/Jr) 6:25 – 7:10pm

Saturday Conditioning (Int) 8:00 – 8:45am
Saturday Warmup (Prelim/Jr) 8:30-8:45am
Saturday Conditioning (Sr) 9:15 – 10:00am
Saturday Conditioning (Prelim/Jr) 10:10-10:55am
(various instructors: yoga, ballet, strength, pilates)

- **Registration will not be taken after the first full week the program starts**
- **Sessions: KickSTART (Sept), Fall (Oct-Dec), Winter (Jan-Mar) Spring (Apr-June)**
- **Bingo volunteering is available to help reduce your program fees**

Questions?

Email: registrar@tgiceskatingclub.com

Call: 403-471-9623

2018-2019 Volunteer Board Members

President.....Liz Sawatzky
Vice President.....Patricia Lee
Secretary.....Michele Cobb
Treasurer.....Liberty Gilson
Test Chair.....Bridget MacQueen
Registrar.....Kari Woodman
Volunteer Coordinator.....Leida Kodra
Special Events Coordinator.....Angela Louie
Fundraising Coordinator.....Tony Song
CanSkate Rep.....Bonnie Pettit
Coaches Rep.....Melissa Butler
Coaches Rep.....Shirley Schmidt

The volunteer board members put in many hours of work to make TGISC the best skating club it can be!

Pre-CanSkate (Recommended for Ages 3-5)

Wednesday 6:30pm - 7:00pm
Saturday 11:15am - 11:45am
Skate 1 or 2 days/week

CanSkate (Recommended for Ages 5+.
Experienced skaters under 5 years of age can be considered for CanSkate.)

Wednesday 6:15pm – 7:00pm
Saturday 11:00am – 11:45am
Skate 1 or 2 days/week

CanPower Skate

Tuesday 6:15pm – 7:00pm
Skate 1 day/week

Advanced CanSkate

(group lessons- Working on Stage 5 & 6, or upon coach recommendation)

Wednesday 6:15pm – 7:00pm
Saturday 11:00am – 11:45am
Skate 1 or 2 days/week

Junior STARSkate (group lessons – Have completed CanSkate Stage 6, or upon coach recommendation)

**figure skates required for Junior STARSkate*

Wednesday 5:15pm – 6:15pm
Saturday 9:00am – 10:00am
Skate 2 days/week

Preliminary STARSkate (ready for private lessons - working on Star 1-2)

Monday 6:15 - 7:30am
Wednesday 6:15 – 7:30am
Wednesday 5:15pm – 6:15pm
Saturday 9:00am – 10:00am
Skate 1, 2, 3 or 4 times/week

Intermediate STARSkate - (private lessons – working on Star 3-5) & Senior STARSkate - (private lessons – working on Star 6 to Gold)

Monday 6:15 - 7:30am
Tuesday 4:15pm – 6:00pm
Wednesday 6:15 – 7:30am
Wednesday 4:15pm – 5:15pm
Saturday 9-10am & 10:15 – 11am (Intermediate)
Saturday 8-9am & 10:15-11am (Senior)
Skate 1, 2, 3, 4 or 5 times/week

Vivo Sessions (with TGISC coaches)

(STARSkate only, confirm with coach)

Monday (Prelim/Int/Sr) 3:45-5:45pm
Friday (Sr) 4:00 – 5:45pm
Friday (Prelim/Int/Sr) 5:45 - 7:15pm
Friday (Int/Sr) 7:30 – 9:30pm